

**Linda Clair**  
**Seven-day Meditation Retreat**  
**Kallara Conference Centre, Australia – March 2019**  
**Transcription from Audio Recordings**

**File 3c – Monday afternoon guided meditation**

Even though you're naturally going to be grounded in a situation like this, during retreat, sitting here day after day with everyone here, you can't be too grounded. It's impossible to be too grounded.

So let's take a few deep breaths into the belly and really feel your body – feel it. Feel the sensation on the top of your head however it feels. It doesn't matter how it feels, how you feel is secondary, it's the fact that you're feeling the sensation. Feel the sensation of your eyelids on your eyes, your breath going through your nostrils, your mouth, your lips, your jaw. Feel your tongue touching your palate. You might just feel a slight vibration.

Feel your shoulders. Really feel inside your shoulders. Go to your left shoulder and go down your arm to your left elbow and feel your elbow. Then down to your left hand, and feel your thumb, your first finger, second finger, third finger and your fourth finger. Maybe move them gently if you have trouble feeling them. Then take your attention up to your right shoulder and feel your shoulder. And go down your arm to your right elbow. Then down to your right hand and feel your thumb and each finger. Feel both arms and both hands.

Then go to your chest, and as you breathe in and out through the nose, feel that gentle movement of your chest with the breath. Then go down to your abdomen. This is the most tangible place in your body to feel your breath, to be with your breath. You can feel your abdomen rising and falling as your body is breathing.

Feel your thighs, your left knee and your right knee, your feet, your toes. Feel your spine from the top of the spine down your back to the bottom of the spine. So I say, keep your back straight without being rigid. Let it be flexible. And that's what this practice is about – being flexible, not being rigid. Discipline does not need to be rigid. It just provides a framework. So discipline can lead to freedom, and that's what you all want – freedom.

So feel your whole body sitting here in this room now. It doesn't matter how it feels, just be aware of it, whatever sensation you have. Each time you realise you're not in your body, you're in your personal fairy tale, bring your attention back to the rise and the fall of abdomen with the breath. And keep doing this again and again and again. So you have to give without expecting anything back. And whatever you expect is not what you want.

So sit and watch. Watching is different to looking for something. Just watch.